

PILATES & PSYCHOLOGIE

Barbara Handschin Nyfeler

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A selection of Pilates continuing education (CEC's) and certifications.

Barbara Handschin Nyfeler – PMA-certified Pilates instructor (pilatesmethodalliance.org);

Zertifizierungsnummer: 11765

2009

«**Preparation to Pilates**»; Nora Gomez-Dears, Power Pilates, Boston USA, March.

«**Tactile Cueing and Spotting**»; Kathy Van Patten, Power Pilates, Boston USA, May.

«**How to Format a Pilates Bootcamp**», «**Super Advanced Cadillac**», «**Intermediate Reformer with Variations**»;

Power Pilates 2009 NYC conference, NYC; Team Power Pilates NYC; July.

«**Lolita shares: Beginning and Intermediate Reformer Exercises & Sequencing**»;

Lolita San Miguel, Pilates on Tour, Boston USA; July.

«**How to format a Wunda Chair Class**»; Nora Gomez-Dears, Power Pilates Boston USA, October.

«**Spice up your mat class**»; Nora Gomez-Dears, Power Pilates, Boston USA, October.

FAMI workshop «**Functional Anatomy for Movement and Injuries**»,

Mount Sinai Hospital NYC, Jeffrey Laitman, Carrie Mc Culloch and Matthew McCulloch, July.

2010

«**Intermediate/ Advanced Refomer on the Mat**»; Nora Gomez-Dears, Power Pilates, Boston USA, January.

«**Osteoporosis Protocol**»; Nora Gomez-Dears, Power Pilates, Boston USA, May.

«**Reformer Jumpboard**»; Nora Gomez-Dears, Power Pilates, Boston USA, Dec.

«**Reformer on the Mat**», «**Art of Touch/ Cue**», «**All Barrel Review**», «**Ladder Barrel**»;

Power Pilates 2010 NYC conference, NYC, Team Power Pilates NYC, July.

«**Biomechanical Principles of the Pilates Workout**», Bob Liekens, Power Pilates, Boston USA.

«**Super Advanced Reformer**», Bob Liekens, Power Pilates Boston USA, November.

2012

«**Archival Mat and Standing Exercises**», Shari Berkowitz, Boston USA, December.

«**Our Dynamic Pelvis**», Irene Dowd and Steven Fetherhuff, Boston USA, March.

2013

«**Formal Lecture Series IV**»; Amy Taylor Alpers, The Pilates Center Boulder, Boston USA, January.

«**Our adaptable Feet**», Irene Dowd and Steven Fetherhuff, Boston USA, March.

2014

«**Pilates Mat Boot Camp**», «**Spine Corrector & Barrel Workshop**» and «**Progressions & Variations on the Cadillac**»;

Clare Dunphy Hemani, Boston USA; Zug Switzerland, January.

«**Freeing up your neck & Shoulders, A Pilates Movement Intensive**»;

Cara Reeser, Boulder; Zurich Switzerland, March.

2015

«**Thoracolumbar Fascia: The second brain of movement**»; Shari Berkowitz NYC; Zurich, Feb.

«**Accessing your Psoas: Creating True Integrated Movement**» and «**Defy Gravity - The Intension of Suspension**»;

Amy Taylor Alpers, The Pilates Center Boulder; London UK, March.

2016

«**The Neurofascia Body**»; Karin Locher, Spatial Medicine, Zurich, August.

«**Accessible Mat Work and Barrel Exploration**» and «**Kathy's cats and Special Props**»;

Blossom Leilani-Crawford, Bridge Pilates NYC, Fribourg, November.

2017

Pink Ribbon Program Certification, www.pinkribbonprogram.com, February.

Postpartum Corrective Exercise Physiologist Certification, January. www.coreexercisolutions.com.

2018

«**Archival Cadillac**» and «**Archival Reformer**», Amy Taylor Alpers, London, June.

2019

«**Unique Skills of the Archival Mats**», «**Get past the Rules**», «**Increasing Reformer Flow with Transitions and Tensegrity**»

Amy Taylor Alpers, Copenhagen, September

2020

«**Rotated and Twisted Pelvises: It's simpler than you think**», Shari Berkowitz, May

«**Why can't I do this Exercise?**», Shari Berkowitz, July

«**The Cervical Powerhouse**», Cara Reeser & Jeremy Laverdure, October

«**Diastasis Recti and Pelvic Floor Dysfunction**», Shari Berkowitz, Sept 2020, online course

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2021

«**Foot Workshop**», Kathy Ross Nash & Blossom Leilani Crawford, January, Online.

«**Treat yourself to a Pilates massage**», Amy Taylor Alpers, February 2021, online

«**Buff Bones Instructor Training**», October 2021, www.buff-bones.com; certified Buff Bones Instructor for Bone Health

«**FAMI Semester**», December 2021, Functional Anatomy for Movement and Injuries –
Semester course at Kinected NYC, online and hybrid course.

2022

«**Barrel Freestyle**» and «**Bridging Skills**»; Live Workshop with Jean-Claude Nelson, May, Zurich

2023

“**Cleaning up the Reformer**”/ “**Pre-and Postnatal Pilates**”/“**Dealing with Osteoporosis**”.

Live workshop with Sonjé Mayo in Zurich, July 2023.
